

# The key to happiness?

WORKSHEET A

## Mia

What makes me happy is having a loving family and friends – surely that’s the most important thing in life? It’s relationships that matter most, isn’t it?

Of course there are other things that matter, and maybe they’re things that we take for granted – like having a safe, comfortable place to live, and having enough money for a reasonable standard of living.

## Luke

What I enjoy is finishing work at the end of the week and then going for a few drinks in the pub. I hate my job but you have to pay the bills, don’t you?

The happiest people are probably the billionaires who don’t have to work and can spend all their time in their yachts in exotic places, buying any luxury they want – you can’t help being envious, can you?

## Ed

I get bored easily, so what makes me happy is new things. I work hard, earn very good money, and like to spend it – I love cars, clothes, good restaurants, the latest electronic gadgets, you name it.

Of course there are important things in life that money can’t buy – your health, for example – but the basic fact is that the richer you are, the more choices you have.

## Bill

I know what *doesn’t* necessarily make people happier, and that’s earning more and more money so as to buy more and more things. But if you listen to the politicians, that’s what they seem to think we want.

Sure, if you’re living in a slum and you’re hungry, being less poor would obviously improve your quality of life, but for people like us in developed countries, does being richer really make us happier? Once you get to a certain level of material comfort, more money isn’t the cure for dissatisfaction.

## Jasmine

Apart from obvious stuff like relationships, the key to happiness for me is thinking positively. I know it’s a cliché, but counting my blessings really does help me to be cheerful. And I’ve learned that good things can happen to you if you seize opportunities rather than worrying about what might go wrong.

My other tip would be to ignore all those adverts with beautiful smiling people who seem to have perfect lives – they’re not real, so don’t compare yourself with them.

## The key to happiness?

WORKSHEET B

### Exercise 1

Decide for which of the five people (Mia, Luke, Ed, Bill, Jasmine) the following statements are true.

1. They mention money as a factor that can bring happiness.
2. They mention relationships as a factor that can bring happiness.
3. They mention health as a factor that can bring happiness.
4. They say something about their jobs.
5. They mention their families.
6. They refer to a lifestyle that they think would be better than their own.

### Exercise 2

Decide whether the following statements are true (T) or false (F), or if the text doesn't say (D).

1. Mia doesn't think money is the most important thing in life.
2. Mia has two children.
3. Jasmine believes that a person's attitude towards life can affect their happiness.
4. Ed doesn't mention any source of happiness that isn't connected with money.
5. Luke is poor.
6. Bill thinks politicians seem to understand what brings people true happiness.
7. Ed thinks money is connected with freedom.
8. Jasmine finds that reminding herself of the good things in life helps her feel happy.

### Exercise 3

Answer the questions below.

1. What are the two things Jasmine advises people not to do in life?
2. Mia mentions two things that she thinks people like her maybe take for granted – what are they?
3. In what way does Bill believe that having more money would have a greater effect on the lives of some people than on the lives of others?

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WORKSHEET C

## Exercise 4

The text below, copied from Worksheet A, contains 25 mistakes: can you find and correct them?

### Mia

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Of course there are other things that matter, and maybe they’re things that we take granted – like having a safe, comfortable place to live, and having enough money for a reason standard of life.

### Luke

What I enjoy is finish work at the end of the week and then going for a few drinks in the pub. I hate my job but you have to pay the bills, don’t you?

The happiest people are probably the billionaires who don’t have to work and can spend all their time in their yaughts in exotique places, buying any luxury they want – you can’t help being envious, can you?

### Ed

I get bored easy, so what makes me happy is new things. I work hard, earn very good money, and like to spend it – I love cars, clothes, good restaurants, the late electronic gades, you name.

Of course there are important things in life that money can’t buy – your health, for example – but the basic fact is that the rich you are, the more choices you have.

### Bill

I know what *doesn’t* make people happy, and that’s earning more and more money so as to buy more and more things. But if you listen the politicians, that’s what they seem to think we want.

Sure, if you’re living in a sum and you’re hungry, being less poor would obviously prove your quantity of life, but for people like us in develop countries, does being richer really make us happier? Once you get to a certain level of material comfort, more money isn’t the cure for dissatisfied.

### Jasmine

Apart from obvious stuff like relationships, the key happiness for me is thinking positively. I know it’s a cliché, but counting my blessies really does help me to be cheerful. And I’ve learned that good things can happen to you if you size opportunities rather than worrying about what might go wrong.

My other top would be to ignore all those adverts with beautiful smiling people who seem to have perfect lives – they’re not real, so don’t compare yourself by them.

# The key to happiness?

WORKSHEET D

## Mia

What makes me happy is having a **loving** family and friends – surely that’s the most important thing in life? It’s relationships **that** matter most, isn’t it?

Of course there are other things that matter, and maybe they’re things that we take **for** granted – like having a safe, comfortable place to live, and having enough money for a **reasonable** standard of **living**.

## Luke

What I enjoy is **finishing** work at the end of the week and then going for a few drinks in the pub. I hate my job but you have to pay the bills, don’t you?

The happiest people are probably the **billionaires** who don’t have to work and can spend all their time in their **yachts** in **exotic** places, buying any luxury they want – you can’t help being envious, can you?

## Ed

I get bored **easily**, so what makes me happy is new things. I work hard, earn very good money, and like to spend it – I love cars, clothes, good restaurants, the **latest** electronic **gadgets**, you name **it**.

Of course there are important things in life that money can’t buy – your health, for example – but the basic fact is that the **richer** you are, the more choices you have.

## Bill

I know what *doesn’t* necessarily make people happier, and that’s earning more and more money so as to buy more and more things. But if you listen **to** the politicians, that’s what they seem to think we want.

Sure, if you’re living in a **slum** and you’re hungry, being less poor would obviously **improve** your **quality** of life, but for people like us in **developed** countries, does being richer really make us happier? Once you get to a certain level of material comfort, more money isn’t the cure for **dissatisfaction**.

## Jasmine

Apart from obvious stuff like relationships, the key **to** happiness for me is thinking positively. I know it’s a cliché, but counting my **blessings** really does help me to be cheerful. And I’ve learned that good things can happen to you if you **seize** opportunities rather than worrying about what might go wrong.

My other **tip** would be to ignore all those adverts with beautiful smiling people who seem to have perfect lives – they’re not real, so don’t compare yourself **with** them.